



A big-bucks
boost
Gives separates
base from
Ontario to brace
Page 6

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS

MONDAY, MARCH 21, 2011

CONESTOGA COLLEGE, KITCHENER, ONT

[WWW.CONESTOGAC.ON.CA/SPoke](http://www.conestogac.on.ca/spoke)

Root for the
underdogs
Conestoga
issues stamps
after 3-1 loss.
Page 15

LRC changes on horizon

By CHRISTY REED

Last summer the Library Resource Committee conducted its first library quality survey. A standardized online voluntary and confidential survey from the Association of Research Libraries, it helped measure user's perception of the quality of library service resources and spaces.

The majority of responses came related to library services pertinent to the public documents and helpfulness of staff.

One participant wrote:

"I have always found the employees in the library very helpful. I have learned new paper skills and have been out of school for 10 years and the staff are very patient with me. It makes the library experience pleasant."

Rachel Colleau, admissions services coordinator, said, "Getting the feedback from the student population has helped identify areas that we are aware of. What's working well and what needs to

improve over time."

Another participant wrote:

"I have always been impressed with how willing the LRC has been to find resources to support various content and the research projects to my students have been excellent."

While there were a number of general comments from participants relating to the LRC's resources (not related to computers), some did think that was more specific, such as requests for books and DVD collections, or issues in specific subjects.

A wider selection of possible for borrowing students would be good," one person wrote.

These responses included more computer-related resources, subscriptions to e-books and online journals.

"When I have gone into the library expanded journals, books, online, audiobooks and more are things I would like there more," one respondent wrote.

See COLLEAU, Page 2

HERE'S HOPING SOMEONE WILL PONY UP A CARROT



BY CHRISTY REED

A few animals braved the cold and rainy weather at Dogtopia of Kitchener and a friendly walk at Waterloo Park's pony pen on March 20. Now that it's spring, and the weather starts to heat up, more and more will be added to the pen, and more visitors will come with vegetables to eat for all.

Performance anxiety group to begin again this fall

By NATHAN REEDER

Students at Conestoga College who might be experiencing test anxiety, public speaking anxiety or performance anxiety when they're out in those placements are not alone.

This is why the performance anxiety group, which has been running in the Doon campus for several years now, will be starting up again next fall.

The group meets in both the Doon and Waterloo campuses over a four week period, for 90 minutes on day a week to go over strategies of what can be helpful to deal with stress and anxiety.

The purpose of the group is

to eliminate anxiety," said Deanne Howard, one of two counsellors at Conestoga College who facilitate the group. "It's normal to have a bit of anxiety. If anxiety you don't know what you're doing leads a belief to outcomes and negative consequences. But we talk about how anxiety affects performance and we also talk a little bit about anxiety and fear," she said, adding that sometimes when people are feeling anxious it can feel like they're feeling scared or fearful about their situation.

In addition,

"All of us have automatic thoughts," said Howard. "We teach that what we think about here we feel and so if somebody is saying, 'Oh no, I'm going to fail this test,' or, 'I can't do presentations.' I'm going to teach the participants, then, of course, that's going to affect how (they) do."

Using this auto cognitive model, the performance anxiety group looks at specific examples of what people might be thinking if they're feeling nervous about a test or about public speaking anxiety. Not only does this allow them to better understand and have better control over their anxiety.

According to Howard, it can be really helpful to learn relaxation strategies such as deep breathing, visualization and progressive muscle relaxation.

The overall goal of the group is to increase an anxiety and let students know they're not alone. But it also has a specific focus of preparing students for tests, public speaking and presentations by giving them a set of skills they can apply right away on campus.

We try to do a before and after so before students do tests they understand how their strategies work and how they can implement them in their tests or in their presentations and what the

results," said Lydia Almeida-Roy, the other counsellor who facilitates the group.

"I think most people want to come, but because of their scheduling, to find a moment that everybody is really free," she added, explaining that the majority of students who are interested are what determine when the group will meet.

Advertising for the fall performance anxiety group will begin next fall. Students who are unable to make the group meetings are always welcome to book private appointments with a counsellor by calling Room 1A109 or calling 519-845-7450 ext 1860.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
Who is your least favourite celebrity and why?



Lucy Gage (she has
friendly Twitter sense)

Bessong Wang
Imports
D'Imperio



"I hate Bette. I despise her — everything about her."

Danielle Winkler,
second year
Business of health promotion



"All of them. I'm not into celebrities. There are more important things in the world."

Brandi Sutcliffe,
second year
Early childhood education

"It's a tie between Jessie J and Chet Faker because people think that's what Canadian music is all about."

Raeen Shabani,
Strategic
relations and operations
management



"I can't stand Justin Bieber. It's hard to say why. It's the way he is, his personality."

Tara Dangal,
Business computing



"I had to say I would pick Robin Wright. He just strikes me as a smart guy."

**Sophie de la
Frere**
First year
accounting
Information technology



Leave Comments, you could be next up!

Changes must include more space

(See Page 1)

Difficulty navigating the LBC's website for locating relevant research resources and difficulty using the library's online resources (e.g. article databases) was also cited.

"The library staff are very helpful, however, online research resources are hard to navigate, slower and less user friendly than what I need."

The major issue the LBC faces is space.

The majority of comments about space issues related to Conestoga's student population, impacting the current LBC faculty, overcrowding during peak hours and lack of designated quiet study spaces.

"Students need their space to be learned," said Caldwell.

In 2010, Conestoga's new academic helped free up resources for additional tables for quiet study space at the front of the LBC. The staff will be participating in space planning at the Dec. 6 campus in the coming year. They are looking for more study areas throughout the campus to meet different learning needs and preferences as well as

more meeting rooms in various locations.

One survey respondent said:

"I feel that the library is too small for the growing number

of students each year."

— Rachel Caldwell

areas which should help reduce the impulse to chat.

"There is a higher demand for quiet group study spaces to accommodate different learning styles and needs," said Caldwell.

The opening of the Conestoga campus in Fall 2011 will alleviate some concerns for during the academic year.

The library could not wait for major expansion at the new site, but is continuing to review layout and design.

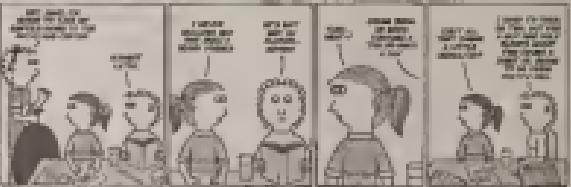
"I would suggest and encourage all the LBC students are encouraged to use the library during non peak hours. These include early mornings, late afternoons, evenings and weekends."

Students are also encouraged to practice the message of the college's Respect Campus by sharing resources less and leaving more free.

"Students have every right to ask their peers to keep their conversations quiet. They should feel empowered to speak their mind in a regardful manner," said Caldwell.

"Everyone is here for the same purpose, we need the cooperation of our community."

QUESTIONED ANSWERS



Become a Leader, Join Our Orientation Team

Recruiting ORIENTATION LEADERS for Fall 2011



Registration Forms are DUE Friday April 1, 2011
in the Student Life Office (2410.1-2) Door

Applications available in the Student Life office 2410.1-2 or online at conestoga.ca/leadership



Henna tattoos cover Conestoga students

IN STAFF COMMENTS

The temporary tattoo event was a hit at the halls of Conestoga College.

Jessica Ruschel, a first year public relations student, used her talent and passion by creating students henna tattoos at a table set up in the Student Life Centre on March 9 and 11.

The event, organized by Ruschel, was a class assignment and fundraiser for the second year's production collection. With a \$5 minimum donation for each tattoo, they raised \$10.

"There were many designs to choose from but Ruschel was

open to other ideas as well. From sunburst flower and pattern designs on hands, to dragon silhouettes and written quotes, Ruschel impressed customer after customer with her artistic ability.

"I do it for the satisfaction of a job well done," Ruschel said. "It makes me feel so good at the end of the day."

With non-stop students dropping by both days, Ruschel and Jessica Holan, another first-year public relations student, worked hard to make sure as many students as possible had their chance to get a henna tattoo.

"Henna is such a beautiful and natural way to express

yourself," said Tilting Pen, a first-year pre-health studies student, who had chosen a tiger design after her team got their designs decorated.

Ruschel doesn't just do henna tattoos on weekends; she also has her very own business, called "Tilting Henna." She sets up at local markets and festivals and can be booked for parties. She charges \$10 an hour with a two-hour minimum and can set up any type of party.

After taking a course offered on Kitchener, Ruschel decided her passion for henna influenced her choice of path. Ruschel is now a public relations student and plans to have private and her studio for over a year

and a half.

"I've done so many designs I don't even count anymore," said Ruschel. "I do it because it's my life's work."

The henna plant contains a dye called hennin which reacts chemically with the protein keratin that is in hair and skin. As a result, a stain is left that lasts until the skin naturally sheds away. This makes it a great idea for those thinking about getting a tattoo, but are uncertain about the commitment or potentially painful process.

The henna trend for applying henna as a temporary form of skin decoration is called mehndi. It's traditionally

applied for weddings, festivals and other special occasions.

Those who have tried mehndi will have noticed the cool sensation of green on their skin.

The henna plant contains a dye called hennin which reacts chemically with the protein keratin that is in hair and skin. As a result, a stain is left that lasts until the skin naturally sheds away. This makes it a great idea for those thinking about getting a tattoo, but are uncertain about the commitment or potentially painful process.

The henna trend for applying henna as a temporary form of skin decoration is called mehndi. It's traditionally



PHOTO BY JESSICA HOLAN

Jessica Ruschel gives Tilting Pen a henna tattoo during a Conestoga Foundation held by public relations students as a class project. The event was held in the Student Life Centre March 9.

If you knew
one hour of your time
could save
someone's life...

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Be the difference. **RESPECT WEEK**

Monday March 21st
Friday April 1st

SIMILE DAY

Just a smile can have an impact!
Celebrate with the Respect Student Committee.
How a smile can make a difference!

Monday

WALK A MILE DAY

What's it like living in the shoes of someone different from you?
Learn about some of the experiences and challenges
of other Conestoga students from the perspective of our Respect Student

Tuesday

DIFFERENCES DAY

Celebrate the differences in respect between cultures!
Inspired by the English Language Studies Level IV program,
celebrate what respect looks like in different cultures!

Wednesday

POSITIVE DAY

How can you brighten someone's day with a positive act?
Get some ideas of positive acts of kindness you can perform for
your friends, classmates and teachers to show how much you appreciate them!

Thursday

GAMES DAY

It's April Fools! Come play with us!
Play the Interactive Respect games in the Lower Atrium
and explore the importance of respect!

Friday

Hosted by
Student Life
and the
Respect Student Committee

11AM - 1PM DAILY

DOON CAMPUS

www.conestoga.ca/en/regions/

Take the wellness challenge

By KAREN PARHAM

It's difficult to find time to work on your health when you're a full-time student. Health Services knows this, so they are challenging students to challenge themselves by setting positive and achievable goals to better their health by participating

in the 2011 Wellness Challenge. You could even win a prize!

Students will set out goals for themselves and pair up with others based on their "interests" to help motivate and keep them on track.

Some good goals to think about accomplishing would include making changes to

eating habits, whether it be taking something out of your diet or adding something to it, making a plan to go to the gym twice a week, or if you already go twice a week, increase it to three times a week.

The goals you set don't necessarily have to be about helping out your physical state, but also your mind and mentality.

"We hoping some people will include those mentality and stress management when setting their goals," said co-ordinator Terri McQuillan. Practicing self care, improving relationships, getting involved for and learning about yourself, maintaining the same body image, maintaining

and getting the HPV shot were all examples she used for that type of goal.

The Wellness Challenge runs until March 31 and during this time over 500 of the recreation and leisure students will be leading some fun activities such as a group of running, yoga classes or a lunch time walk.

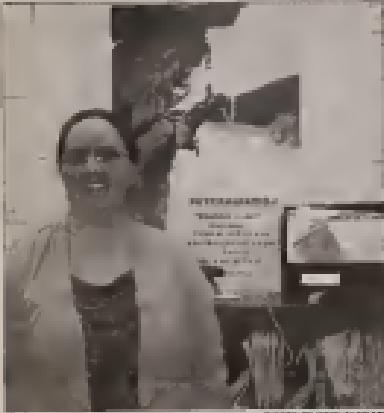
"Playing 10k's every day would be a great goal for this challenge because it's a lot of fun," said co-ordinator Terri McQuillan. "I would also try to eat more fruits and veggies."

There are also many other resources available to students to help them stay active and work on nutrition, relationships or mentality.

Items such as the recreation centre, counseling services, nutrition consultation and Health Services' annual immunization refresher, HPV shot and endocrinology resources.

This is only the second year of the Wellness Challenge and McQuillan is hoping that at least 20 students participate. Some of the prizes available are a signed Rangers hockey night and two home-park and major battle tickets from the recreation centre and the bookstore.

To sign up for the 2011 Wellness Challenge, visit your local goals, contact information and personal goals in www.conestoga.ca/wellnesschallenge or call



Terri McQuillan is the coordinator of the 2011 Wellness Challenge and has created a Facebook event page for those interested. Visit the Health Services page found on the Conestoga website for good ideas.

PHOTO BY KAREN PARHAM



The health and wellness program is providing methods and activities to keep you healthy and active during Health and Wellness Week at Conestoga.

PHOTO COURTESY OF CONESTOGA COLLEGE

Technology lab a quiet place to learn

By LINDA WILSON

Students learned their own pace and in their own way. Conestoga College recognizes this and endeavored to help all students. For those students who have a learning disability the adaptive technology lab at Danas campus is a learning playground for students who need to use computer software to help them read and write.

"This is a place where students go to get accommodated," said Shannen Wilson, a computer or technology consultant. "It's also a place where they can do their work with the assistance of assistive technologies or computers."

"This is a place where students go to get accommodated," said Shannen Wilson, a computer or technology consultant. "It's also a place where they can do their work with the assistance of assistive technologies or computers."

The lab is located in Room 33187 and is open Monday through Friday 8:30 a.m. to 8 p.m., Friday 9:30 a.m. to 4 p.m., and Saturday, 10 a.m. to 3 p.m.

"The lab is available for students who are registered with Disability Services. To get interested in certain software

you must make an appointment beforehand, otherwise the lab is open for the students to come and go.

"We help them in any way we can," said Clark Linn, an adaptive technology consultant. "We cannot help them with their assignments, they have to have that on their own. We help them with the equipment and how to access the equipment."

"The idea is to get them to be independent, so after the teacher has come and uses it themselves," said Wilson.

She said it is a good place for the students to concentrate away from the noise and interruptions in the classroom.

The lab offers nine software programs for the students to use. The most common is called Kurzweil 2000.

"The computer will need you read textbooks and your notes," said Wilson. "It can read word processor and has dictionary definitions built right in."



Two students at the computer lab at Conestoga work on their studies. Students study online to put on two credits in the adaptive 2000+ program (call on March 9).

and grammar. Dragon always spells correctly."

Wilson says students and faculty use the program to transcribe their notes.

A third program, Narrator, is a screen reader used by students who are blind. It works in hours of during hours when the lab is closed and cannot afford to purchase. Dragon NaturallySpeaking is a free download from the Internet.

Another computer software the lab provides tools such as screen magnifiers, large font keyboards, onscreen keyboards, alternative mouse devices, braille printers and highly adjustable tables.

"Our policy is to adopted one, individually speaking, so if the lab, whatever it's software, the questions or the alternative, like a screen," Wilson said.

"We try to make this program friendly so people do not feel embarrassed coming here," and have

access to the resources they need.

For more information on the adaptive 2000+ program, call 519-885-1250, ext. 2000 or email kwilson@conestoga.ca.

PHOTO COURTESY OF CONESTOGA COLLEGE

Are you brave enough to eat a bug?

By AMANDA BAINES

A anyone who was looking for a crazy travel tip over break from school to the Cambridge Butterfly Conservatory for a truly local specialty, chocolate beetles and mealworms. Dugdale referenced to the conservatory this year with "cute" and "fun" with "treats" she should take home. "It's not just about butterflies," Dugdale said, "it's about getting to taste them." **Megan Dugdale**

Second-year public relations student Megan Dugdale tries the conservatory's insects on March 13. The following photos were treated and applied as a finishing touch on a standard brownie.



HAVE YOUR SAY

Do you ride the bus in Waterloo Region?

Do you think a light-call system would help you get around?

The Waterloo Region Record is conducting a survey about transportation issues and we want your opinion.

The survey will only take 5-8 minutes to complete.

WATERLOO REGION RECORD

Please visit us at TheRecord.ca

or [facebook.com/waterloorecord](https://www.facebook.com/waterloorecord) and tell us what you think.

We've held it every year since we opened and so far as I know, we've never repeated a theme. Last year it was New Orleans and we had frog legs, crawfish étouffée, jambalaya and Cajun roasted chicken, this year it's a insect treat."

The treats were each served in unique ways with chocolate beetle bark, crickets caramelized chocolate and mealworm brownies.

"The mealworm brownies that had [the mealworms] intact have the texture of toasted coconut."

Second-year public relations student Megan Dugdale, who is studying her way of the butterfly conservatory, tried the mealworm brownies as well.

"It isn't gross," she said. "The mealworms are part of a giant beetle which was beautifully displayed inside the beetle bark. It was a chocolate brownie chocolate. The insect was

ground into the chocolate bark."

It was a little bit gross, but it was delicious. I think it's a good idea if you don't like eating it raw, it's a good idea to eat it cooked down so one can cook them up. Better than eating it raw, I think it's a good idea to eat it cooked down.

Dugdale said the mealworms were \$10 each. "They're \$10 each because they're not just mealworms, they're also older. A lot of people brought their bags and asked me for the opportunity to say, 'Wow, if we have enough to eat a bug.'



Once international visitors return to the city, things will be the same at the 10th annual BugFest. The Cambridge Butterfly Conservatory also sold various novelties like this apple and template-flavored brownie.

PHOTOS BY AMANDA BAINES



Waterloo Regionian Megan McCullagh poses with an insect-themed bugfest variety on March 13 during BugFest, held every year at the Cambridge Butterfly Conservatory. BugFest challenged guests to eat a bug; 10 fake ones from to enjoy them.

Talking to books on a Saturday afternoon

By LISA OLSEN

On a rainy Saturday afternoon, three new volunteers spending time with visitors at the Country Hills branch can tell their story.

And they were doing this to make themselves "challenge stereotypes by speaking with someone who you would not normally speak to and to have something new."

It was all part of the Kitchener Public Library's second Human Library event, where the books were people. At the event, held March 5 at the Country Hills branch, participants signed up individuals to hear their personal stories and meet one-on-one in the meeting room of the Library. Rather than attending a lecture, participants were encouraged to ask questions and have a conversation with their subject.

I approached the desk draped with a large Human Library banner, and stepped through a book holding what topics were available. I selected topics such as being with a single parent, a child with an eating disorder and, interestingly, Harry and Shelly, where visitors could speak to a Muslim woman who chose to cover her head and discuss her support of her faith.

I parked it in time, captured a few more immediately, my name no longer applicable. I was soon ushered to the "She reader." The library staff ushered me to a silence zone as they held behind my "book," of course. Walking toward her with her hands extended, my "book" ended, shook my hand and left me with a smiling person seated on the book corner of the library. There were tables set against the walls, a "book" seated at each one.

I sat down at a table opposite Lisa Mozer. Dressed in a long-sleeved pink jacket, Mozer spoke of what the day had been like so far. I was her fifth "reader."

The conversation quickly travelled from why she got involved in the event to being a gay parent. With her easy and confident, the conversation had the feel of old friends catching up over coffee.

Mozer told me about her 10-year marriage,

to a man, and the two children they had together. She spoke of how she had a great life, but something just wasn't right.

"For me, it was failing. I asked myself, why am I not feeling fulfilled?" she said.

She separated from her husband and started her life over. Unfortunately, there was the period of soul searching, remembrance and questioning. That period enabled Mozer to realize that she was gay. Her children, then five and seven years old, left the room in tears, asking more and more questions in the weeks following.

Between crying and taking a couple of breaks, Mozer said the obstacles she faced as a gay parent were not obviously different than those of any one else.

"Challenges with diverse parents [whether gay or straight] are pretty much the same," Mozer said.

I thanked her for her time, took her photo and returned to the desk with the list of topics.

Next, I sat with Harry Weiss. This was the first time Weiss had taken part in the event.

"I was asked if I wanted to speak about the impact of the change that has happened to me," Weiss said.

Telling his story of being a dispatch officer in the Second World War, the 81-year-old was recognized as a military veteran, his military experience seen as his claim to fame. Stories on the code at front of him were handwritten and look like "The Dispatch Rider," as well as newspaper clippings and programs of award ceremonies for his times on the service.

Stationed in Italy, Weiss enlisted in November 1943 and was discharged in February 1946.

"I came out of the army with the confidence that there isn't anything that I can't do," Weiss said.

He often speaks at Remembrance Day ceremonies, telling stories of Canada at war.

"It's the satisfaction of letting people know that the Canadian soldiers were better than normal. We never went in as conquerors, we went in as peace keepers," he said.

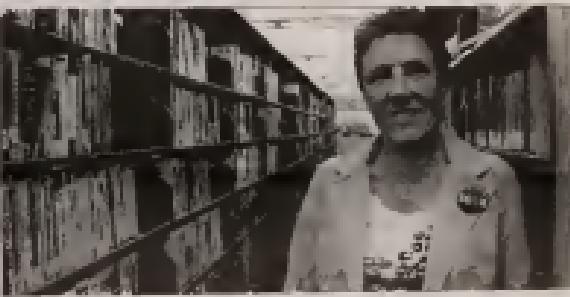
"We tried to leave it a



Above: Shauna Beaumon, event planner for the Kitchener Public Library, runs the Human Library event at the Country Hills branch on March 5.

Below: Lisa Mozer was on hand to talk about her experience as a gay parent.

Bottom left: Harry Weiss speaks at the event about his time as a dispatch rider in the Second World War.



better for better than how we heard it."

With his warm blue eyes gazing through his glasses, he turned forward and looked through his books suggesting a mixture of love and hope from the 1940s.

"There was three guys that day when I came back from the war. I had to choose them off," Weiss said. His mouth proudly turned upwards into a smile.

And his eyes rolled and his speech slowed when he spoke of how she passed away in 2008, after 50 years of marriage.

It was then that he decided he would take advantage of every opportunity. He opened a great big book lying on the table in front of him. Inside were pages pinned together. On the top of the

page, the words, "This is the time to do something each month that I have never done before." Below that was a list of months, with numbers to indicate participation in reading sessions, participating in a writing contest in October 2008 and growing a beard in the following month. Next is growing the beard, he wrote. "Turned out not to be."

And he argued on that not just next at the Human Library event would make that list.

To get involved with the event, interested parties apply and are then called on for a 4-month interview, where library staff critique them as a mentorship.

"We want to make sure that they're comfortable sharing their story," said Shauna Beaumon, events planner for the library.

The RPL then reaches out, finds and strategizes to find the right people that every year.

"The book has been chosen and, if they've asked a question that they're not comfortable with, they can say 'I'm sorry but that page is missing or that chapter is lost in the book,'" Beaumon said.

And the library gets media support, on the form of television interviews.

A worldwide organization supporting libraries and schools with setting up their own events, Human Library started in Denmark. The event made its official debut at the Booklife Festival in 2002.

Since then, countries around the world have set up their own events.

Beaumon said there are a number of reasons why someone would sign up to be a "reader." Some people are wanting to understand a topic that might be unfamiliar to them. Some people are aware that they have a prejudice and would like to change it, and some people are just very curious based on the topic offered by Beaumon.

The next deployment will be held at Indigenous in the Woods on the Six Nations. And the library is always looking for people willing to take part.

Everybody has a story, there are always new people to be found and shared," Beaumon said.



Residents encouraged to get off their duffs

Cities that encourage bicycling and walking are seeing up to a 75 per cent reduction in obesity rates

By ANTHONY PERIN

"We are designing our cities for cars. We should be designing them for people," said Ted Pennekin, executive director of 8-80 Cities.

Pennekin spoke to a crowd of approximately 40 people at the council chambers of Waterloo City Hall on the evening of March 10. His hour-long slide presentation was brief – just could cover very briefly. He spoke with a heavy accent, and was not always understandable. However, his passion for the subject came through big time.

He said if we build more roads to reduce traffic congestion, people use their cars more, and we get more traffic congestion. It's a vicious cycle.

"It's the city for the benefit of cars or for people?" he asked. "Instead, we should be designing our traffic and encouraging walking, bicycling, transit, parks and more open areas."

"The result is vibrant cities and healthy communities," said Pennekin.

This is not just theory. His organization has helped more than a dozen major cities to do just that, and he presented visual evidence that the concepts work. These cities include Bogota, Copenhagen, Melbourne, Vancouver and New York.

Pennekin called the program 8-80 Cities. This means that cities should be readily walkable by people who are 8 years old to 80. The program general trend is to design cities by

default for people who are young and healthy and about 20 years old.

"The cities have to be safe and accessible for all," said Pennekin. He points out that a minimum of 20 per cent of the people in any city do not drive cars.

Reducing city sprawl has not yet caught on in this country. Their recent announcement to spend \$1.6 million to widen Water Street past south of Victoria indicates that they are still caught up in car traffic.

Pennekin pointed to Copenhagen as his chosen example. The city started amping up space for people over cars more than a decade ago. They closed or restricted several streets in their downtown, providing more space

for people to bicycle or just walk. Thorough counts showed just how popular that concept was: as more and more citizens have been given over to people traffic. The result? Copenhagen has been voted one of the five most livable cities in the world for the last five years running.

The result has been the effect of parts of once deadend who remained carless are now walkable than previously. People who are walking or biking just those streets are more likely to shop in a parking spot that can hold one car, said Ted 8-80 Cities. Most stores are increasing a huge percentage in customers.

The 8-80 program is not just revolutionizing cities; it is revolutionizing people. The result

along the residents as well. Surveys highlighted by Pennekin indicate that cities that encourage bicycling and walking are seeing up to a 75 per cent reduction in obesity rates among their population. Studies show that walking, cycling and bicycling costs encourage the use of transit. "We have to make it easy, fast and convenient for everyone," said Pennekin.

The City of Waterloo is leading in the direction. For one, over the last half century today's population by double of organizations that promote walking, bicycling, parks and transit.

You can find out more about 8-80 Cities what they stand for and the results they have achieved at www.8-80cities.org.

Upcoming Career Events

March 21, 2011

National Co-op Week

Monday March 21, 2011

Bettering Co-op 101 and enjoy a photo booth up to date.

Tuesday March 22, 10:00am - 3pm

Open houses and booths to showcase various Co-op Society areas from all student members and members of the Co-op 101 and 201 teams. Details to follow.

Thursday March 24, 10:00am - 3pm - 5pm

Co-op Members, Faculty, and Staff provide an informal Q&A session. Appropriate for Prospective EWTB applicants to understand what a co-op is.

March 22, 2011

Resume & Cover Letter Workshops

1-4pm and 5-8pm

Simon Campus (2111)

Registration is required

March 22, 2011

Job Search & Interview Workshops

1-4pm

Simon Campus (2111)

Registration is required

April 5, 2011

Rapid Resume Review Clinics

11am - 1pm

Simon Campus (2111)

Registration is required

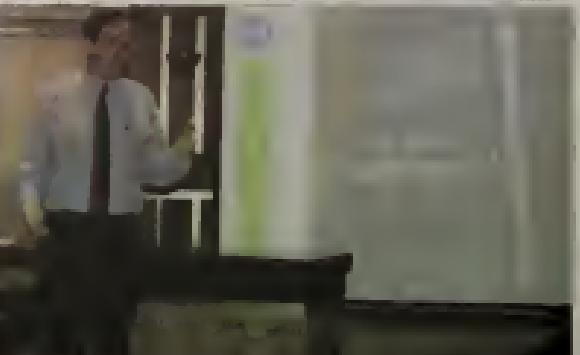
Note that this is the last opportunity to obtain a resume clinic for students who are graduating.

Login to myCareer to register for workshops, events and more.

(From the Student Portal, click on the "Services" tab.)



Local presentations on walking and cycling were displayed in the entrance of Waterloo City Hall for those who came to hear about the future of travel in Waterloo, in a Walk, Bike and Park event.

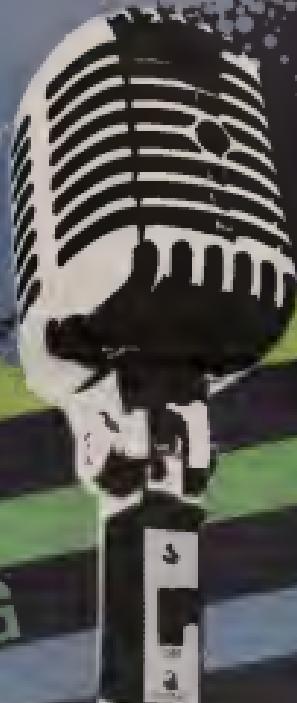


Ted Pennekin speaks to a crowd of some 40 people gathered at the council chambers of Waterloo City Hall where he encouraged everyone to walk and bike instead of drive.

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HOROSCOPE

Week of March 21, 2011



Aries
March 21 - April 19

You will be struck by an unexpected twist to an otherwise upbeat situation. You'll be surprised just how much you should probably consult a physician.

Taurus
April 20 - May 18

The powerful force that you rule your life behind the scenes will make an appearance. You will pay no attention to the man behind the curtain.

Gemini
May 19 - June 21

You will under a Cancer ruled that will be a little off. When you complain, the owner will give you the restaurant's business card.

Cancer
June 22 - July 23

Did you remember to lock your doors today? A home that will get into your home otherwise, and more urge to make off with all your dirty socks.

Leo
July 24 - August 22

You will, on a whim, follow a recycling truck around town for a day, and learn that those guys should probably get paid a lot more.

Virgo
August 23 - September 21

Your latest get-rich scheme will actually pay off, and you will end up buying a vacation in California. Sadly, it will be in the greater part of California.



Please leave carefully examine the stars and then ignore them for your amusement.

Libra
September 22 - October 21

The electromagnetic radio waves from your computer monitor will interact with your dissociated water to create a MYSSTERY?

Scorpio
October 22 - November 21

One of the progressed you can for your choices will finally dawn and force you to feel every angle of your choices through a series of bizarre readings.

Sagittarius
November 22 - December 21

Your bear will look at your Facebook page and decide that they don't like your politics. Change every thing you believe to be opposite them.

Capricorn
December 22 - January 19

Many times these men, a dead son, or your mother will come back to haunt you. Get out-of-home partners. Better yet, don't leave your house.

Aquarius
January 20 - February 18

On Wednesday night, turning on the tape in your house will cause you to purchase a Boyd, who will fit your needs for hours as long as you don't tell anyone.

Pisces
February 19 - March 20

A powerful lobby group will recruit you to convince the Prince Minister that he should really invest in a giant pig for downtown Waterloo.



Please leave carefully examine the stars and then ignore them for your amusement.

I love Jersey Shore



Matt Damon
Matthew McConaughey

Not too long ago, a fellow *People* journalist wrote an opinion piece entitled, I can't stand Jersey Shore, and I had to do the same three things approached, so about five hours in I deleted the how about me with. No, seriously.

Hold on, hold on! Before you officially cleanse me as an idiot with bad taste in TV you at least let me plead my case?

If you don't know what Jersey Shore is, you're probably thinking to yourself, "What the hell are you talking about?" Well, I assume you know I have been living under a rock for the past two years. The show began on the Discovery Channel and, according to its creators, anything is possible.

Jersey Shore is a reality show following a group of Italian immigrants. It filled with laughs, parties and plots. There's a drama, there's sex and, most of course, there's pretty much anything and everything lived every night.

When I first watched The Show or my overexposed sports package (I must freely坦白) I was up on what *Brooks* did last episode or what *Mike* has gotten into this time. The stuff they come up with is simply hysterical. They're always good for a laugh or two.

It's becoming how popular the show has gotten. Millions of the show and it's spin-offs have been watching these illicit loops, which includes phones and cameras such as *reality*, *MTV*, *gym*, *love*, *laughable* and my two favorite: *overexposure* of Gil Peralta. Oh, who are *they*? And *such youth*?

To those haters out there all I have to say is why do you hate the show? Are you jealous of their fun and free-spiritedness? Or maybe you just jumped on the *bandwagon* Jersey Shore bandwagon. Please do not catch me on the ball or in a talk about it or write a letter to the editor to give your opinion.

When the show first started off, I thought it looked cool but, but I thought I'd give it a chance. Now I know, I know, I'm biased and on a kick talking about it. Jersey Shore is just such an easy show to get into. Everyone likes to party, have

fun and laugh. Well, that is pretty much what the show is all about. Shows sand the constant drama between *Seaside* and *Bonnie*. *Shane* is all about having a good time that when he should be all about?

This season is winding down and is really starting to get interesting. The *Reunion* and *Reunited* drama is out of control. While everyone's interested in the thing between *Danilo* and *Michelle*. *Danilo*, I mean. *Vanessa*. You might not get that point because well, it's a Jersey thing.

Showbiz is everywhere now, already looking forward to summer shows where the "dads" and "grandkids" will be heading home to Italy. I predict that the next season will be even better.

The only show I actually look forward to seeing this Jersey Shore in my favorite show comes right now, *The Hard Times of RJ Berger*. Completely raw and raw pressure on *Wendy* straight after the *Jersey Shore* finale.

If you haven't seen it, I strongly recommend you tune in to this amazingly raw reality series. You won't be disappointed.

Showtime's new show
is absolutely shameless

Thomas F. Duffy
Executive Producer

Meet *Frank Gallagher* (Dad), *Deirdre* (mom), *Raymond* (brother) and *Shane* (son) of the Gallagher family.

Although he only scratches around briefly during the pilot episode, *Frank* (played by William H. Macy) is the dysfunctional catalyst that drives the show. From every measured decision to not wanting up every morning to the *Power* (Mary) film the show of a character that can only be described as one word: *shameless*.

Debuting on Showtime last month, *Shameless* is the American adaptation of the British drama of the same name and tells the story of Frank (William H. Macy), a drug dealer whose life has been freed from day-to-day caring what passes day-to-day they do.

They spend the first three episodes either shoving around the neighborhood or sleeping on the ground. Every path is down but one has forced him to still find a way to get elected even has been.

Then there's *Romy* (Kathy Bates), who has all the

shameless qualities of the Gallagher's absent son, *Phil* (— or “*Lip*” —) (James Algar). *Phil* is the most old school boy who has been straight up to get paid in poker, does not take SATs, his other students just to bring in more cash for the family fun (*Carrie* *Monroe*) is not in line who is a bit more than true but has to take the fact that he is a gay. The most obvious *Carl* (Edgar Cabello) is a huge mouthy boor and doesn't care about anything else associated with animals and nature, happens, happens the question is to whether or not we have a psychopath in the making.

Dolores (Emme Rios) is not even little girl who sometimes has difficulty with her role of maturity, but is a sage at collecting

UNICEF donations and spending it on themselves. *Kathy* (Tina Louise), the black cat. No one knows who has black but he loved the name.

Although these cast members are the ones that hold the family and the show itself together, actors such as *Moore* and *Jean* *Coenick* also play the sassy and unpredictable mother of *Lip's* gallantly keep the audience coming back.

Nicole takes turns between *Mary* and *Rebecca* (Olivia) while *Mary*'s character *Frankie* (or *Moore*) is in *qual*. With this kind of life, being *highly*, *staying* *sober*, *working* and *keeping* *family* *together*, from *couplehood* to *divorce* to a *remarriage*. *Nicole* *Moore* *spent* *her* *decades* *as* *high* *like* *Barbie* *during* *a* *divorce*.

Don't forget, our dogs and *children* *are* *staple* *to* *every* *episode*. So show us all your *pet* *problems* before *watching* *it*. We'll *gladly* *cross* *our* *baldous* *front* *teeth*.

Conestoga celebrates national co-op week

By KATHRYN SCHNAAR

Happy National Co-op Week! This week, schools across the country are celebrating their co-op students and employees, and Conestoga College isn't going to be left out.

Every year Conestoga presents an award to the co-op student of the year and the co-op employee of the year. The student nominees are chosen based on nominations by their employer and employee nominees are nominated by the students they have employed.

The 2010 student of the year nominees are Stacey Baker for the School of Business and Brian Denner for the School of Engineering and Information Technology, and Sherry Pfeifer from the School of Health, Life Sciences and Community Services. The winners and all nominees will be honoured during an

awards ceremony on Thursday at 5 p.m. in the Auditorium. The ceremony will be attended by not only co-op employers and students, but also by plenty of staff and faculty including Conestoga's president, John Gibbons.

"It's a recognition by the college that co-op is really important in a college career," said Pamela Honigay, the director of co-op and career strategies for Conestoga.

"We're doing an open nomination session after the nomination ceremony to thank employers for helping our students for participating," she said. The nomination takes place right after the ceremony.

Students who are awarded Conestoga are also presented with a personalized and personalized certificate, including the Association of Work Ontario award and the Canadian Association for Cooperative Education student of the year award.

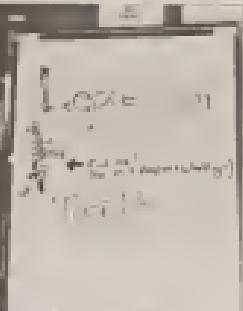
awarded.

"The ones we didn't have a winner from Conestoga," said Honigay, "but last year we had two."

The benefits of workplace placement are obvious no longer, but students aren't the only ones who benefit. Employers get cost-effective temporary employees to help with seasonal work or short-term projects, and they also themselves to be an employer of choice. They like to promote to the importance of Conestoga's future workers, and if it's that isn't enough, they can always tax credits.

Co-op is an ever-growing part of post-secondary education. The number of co-op programs at Conestoga has more than doubled just the past five years.

Workplace experts also say it's an absolute part of education, and National Co-op Week needs to make sure everyone knows it.



Rita Sarsany was the host of a breakfast held to celebrate St. Patrick's Day at the Conestoga residence.

Students hunt for little green men

By KRISTY SCHNAAR

The halls of Conestoga were decked out in green on March 7, as a St. Patrick's Day house hunt was held in the lobby.

At 8 a.m., Kelly Simola, resident advisor, informed students that there were 50 paper leprechauns hidden around the rooms of the residence.

Those who found one were told they could win a free residence T-shirt. The participants, who included residents and friends, were anxious to find the best in bags.

From Deanna, a third-year architecture student, and "Many of the leprechauns are hidden in several, most likely places than others."

As the hunt progressed, new

Best study methods revealed

By KATHRYN SCHNAAR

There are a variety of different study methods and learning techniques, but have you determined which ones work best for you? A recent study conducted by David Standard, a professor in the educational leadership, management, programs, and Todd Wiget-Green, the information literacy consultant at the Library Resource Centre, discussed the most effective ways to prepare for a final term exam.

"There are so many different study methods," said Standard. "We wanted to know what were the best ones?" And here we could probably add a significant list of them! "

Last year, 120 business and hospitality students anonymously answered questions about their study methods. The survey was divided into six major sections: a knowledge pool, knowledge retention and collection, knowledge organization, knowledge storage and validation, knowledge utilization, and review of learning resources.

The results were divided into two groups: those from students whose average grades ranged from 80 to 79 per cent, and those whose

grades averaged 80 per cent or above. According to Standard, these results were used to determine which study methods were most useful, as well as which ones most noticeably improved the students who averaged over 80 per cent.

Personally, I think the way you choose are awesome," said Standard. "Todd and I are really happy that we did the study, and also with the feedback we obtained — we both tell the results are more than students can immediately use to improve their performance on exams."

The final part, reviewing the best study practices for students, was released at the Employment for Research in Education (EFE) Conference in June. At least one practice is included from each stage of the knowledge management cycle — Standard and Wiget-Green determined that students engage in multiple study methods.

The final part of the best study techniques for the exam is mid-term feedback:

1. Stage 1: Set a goal for how well you would like to do on exam by thinking about how well you would like to do in exam.

2. Stage 2: Find out what is on the exam, what the format is and the level of difficulty by attending class.

3. Stage 3: Figure out the best way to study for the exam.

4. Stage 4: After checking how well you know the material, pick some time to go studying the areas you don't know.

5. Stage 5: Before the exam, do some sort of check to see whether you know the material and making an approach which works for you.

6. Stage 6: When writing an exam, make sure you know exactly what questions before answering it.

7. Stage 7: When you have received the results of your exam, review the feedback to identify what you did well and what you could improve. Standard's students did this three times to study and become more successful. If you ever find yourself writing again with studying the test, and terms at times, consider that it will not only improve your grades, but will ultimately help you discover which study method works best for you.

Valentine's sale a sweet success

By KRISTY SCHNAAR

The Candy Kitchen Valentine's sale in support of the CII food bank was a huge success, raising \$1,000.

The team of Candy kitchen volunteers made and sold items such as brownies, cookies, cupcakes, and more. "It's great to purchase highly needed grocery items for the food bank with the profits from this really lovely project, which was undertaken as part of their project management cycle."

Donations to the food bank are always welcome, and can be dropped off at the box by the CII office area.

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Rangers' minor hockey 'super team' rejected by parents

By STEPHEN GREEN

The Kitchener Rangers thought they were giving a big Christmas present to the community when they announced plans to find what could only be described as an elite minor hockey team program in Waterloo-Waterloo.

The new year proposal would see the Kitchener Minor Hockey Association's and Waterloo Minor Hockey Association's triple A teams at the same banner through major midget level, up to all 17-year-olds to play under one banner. This would have meant that the eight triple A teams the association currently has in those age levels would have been cut in half to four and 18 fewer players annual would have a chance to play AAA.

In exchange the Rangers would reduce a short list of coaches for their "super" teams and provide \$80,000/year to fund the program. The program would be overseen by a management committee consisting of the Rangers, Kitchener minor hockey and Waterloo minor hockey officials with each party having one vote. Ages and manager-type figures from the Rangers would chair the board but not have a vote.

Many business and minor midget triple A teams of Kitchener and Waterloo would merge and play out of Kitchener in the KW Rangers. Major business and minor midget triple A teams of Waterloo and Waterloo would merge and play out of Waterloo in the KW Wolves.

"I would have to say it's the best mind I've got," said Kitchener minor midget triple A head coach Todd Hayes in a late December

news conference. "The board when news of the plan first broke, 'It will help the development of the kids playing with better players from top to bottom and there will be more depth in every team. It will only make the organization better.'

The Kitchener Rangers, a publicly owned Ontario Hockey League team since 1992, offered the funding because they want to recruit talent developed here from KW minor prospects in the Toyota Cup and OHL Cap-

ital even if what would do in neighbouring programs such as the Cambridge Minor Hockey Association.

Under the current system Cambridge managers with Kitchener and Waterloo must CMHA president John Sheehan when learning of the proposed merger. "When you consolidate those two teams, we will not compete."

Cambridge currently has 1,300 registered players and runs down players from Age, Waterloo, Waterloo and Galt. That places an even pressure on the 2,300 players in Kitchener and 2,100 players in Waterloo which also draws from Elora and New Hamburg. The Rangers would leave Cambridge supplied with less than half of the amount of registered players at their "elite" pool than the proposed KW program and it would effectively end the Toyota cultural ladder exchange program. The pressure on the overall pool grows as more boundaries between Kitchener, Waterloo and Cambridge divide which areas get to select players in Japan is severely.

CMHA's Dan Berndt had a couple of ideas on what changes the association would have to make due to the merger. "One of them is to withdraw from triple A, keep Triple A on option. It's not me I want to do," said Berndt. He could also merge with Waterloo or Waterloo and Cambridge decide which area gets to select players in Japan is severely.

"It's very positive for the players in Kitchener and both associations," said Waterloo Minor Hockey Association president Tom Greene of the proposed merger. "What the Rangers are doing for me and they really don't have any gain out of the outside of helping kids play hockey."

There's no doubt the Rangers would be finding a more competitive team in the

Rangers GM and head coach Steve Scott:

It's about the big picture. If the Kitchener Rangers are involved, it's for the right reason. It's simply about the development of your child.

- Rangers GM and head coach Steve Scott

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- Rangers GM and head coach Steve Scott

The Toyota Cup is the national championship of major midget hockey and the OHL Cup is a tournament organized mainly for OHL midget to play top rated prospects. The Rangers believe they can boost player development by having elite local players playing with one another.

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Though 130 registered players showed up for a Waterloo minor hockey information session on the proposed merger Jan. 18 at RIM Park

With a petition of over 400 signatures and 50 concerned parents and coaches present the CMHA board voted 10-4 in favour of the merger. Green was among those who passed the resolution to dismiss the decision in part.

"They have done some really great things. They are creating one great program no greater than the fact they feel about Waterloo minor hockey," said Green following the vote. "That's a great We respect the board."

The present Green was specifically referring to the the Camperdown Act in which 10 per cent of mon-



Max Morris of the AAA major midget Waterloo Wolves stands down the ice during a break in action against London Knights March 14 at RIM Park.

ies from the people in attendance were Bob Green, head coach of Waterloo's major midget double A team.

"I apologize you to show down," Green told offical CMHA officials during the session. "Nothing to do with this association's only going to work as apart. It's not going to pull up together."

The CMHA announced they would vote on the matter Jan. 18 in preparation for the next Oshawa and Waterloo's major midget executive council. Doug Taylor began circulating a petition to give the vote to Waterloo minor hockey's fall members ship.

"I had a friend speaking up for something that I might believe you think you had in going to get Marshallized, if you do, I don't know. People need to be prepared to stand up and say what they think is right and Taylor is trying to do the Rangers selecting meeting would in the proposed merger. I have pride in this day. Waterloo minor hockey should not be run by a proxy club."

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The Cambridge Minor Hockey Association would have had the privilege of a third pool to choose from if the proposed KW merger went through. The merger might also negatively impact the Toyota cultural exchange program and possibly force Cambridge out of AAA.



Inside the Waterloo Tennis Club are six hard courts which are used by members, coaches, students and the public. The club is located in Waterloo Park at 102 Central St., and has been in operation for 97 years.

Waterloo Tennis Club lives on

By BRADEN REED

The sounds you hear at Waterloo Park are more varied than at other parks thanks to the Waterloo Tennis Club.

"You'll hear tennis balls being cracked, keep score shouting, practiced laughter and the odd expletive of course," says Waterloo's second vice-president, Dennis Raymond, who has been a member for 10 years.

"Everyone knows everyone by name and when people walk in they feel at home," said Dennis Pellerin, a young trustee on the club's board.

"Even on a Friday night you will find a lot of members still hanging out upstairs," said Helen Nederhof, who has been a member for 18 years.

But it wasn't always like that.

Two years ago, the Waterloo Tennis Club celebrated its 97th year of providing the

sports members and the community. But at the same time it almost closed its doors for good.

"As a small business, we just could not afford a club if we were going to look up," said the club's head pro, Dave Rawn.

At first, the club had just relied on the previous manager and a new manager was called in to take over.

"We needed a sports guy who knew business tennis and had a social side," said John Murray, member and former International Tennis Federation (ITF) player.

Given that December the club had found its new manager, John Rausser, from the local down under.

He didn't come with any tennis wings, Rausser worked his or spouse's sugar bar in town from sunny Australia and brought over 10 years of experience in managing multimillion-dollar sports clubs.

"I felt this was a job where I

could build my resume and also help keep the integrity of the club," said Rausser.

"Dennis or I were on Amherst and having a meeting and Dennis' background, along with being connected with people about tennis, made the transition a little easier for me."

Right away, the "tish" problems began.

"Our self-assessed the club and felt there were too many issues that needed to be dealt with immediately," said Rausser.

The exterior and interior of the club was beginning to look out of date and the kitchen was looking like the new place for squatters. The clay tennis courts outside were becoming a dust bowl in the summer and the courts inside were constantly resurfaced to prevent ball burn.

Fewer people began travelling to lessons and the number of people in the royal tennis section was shrinking fast. Most importantly, not enough members were renewing their membership and new people seemed to become a non-member.

"We had just over 200 members and the more we could add, the better that is," said Rausser.

To help fix the problem, the price of membership was lowered, addition and hydration units at the front, TV lounge areas and private areas were renovated and available members were added.

Even though representing the club looked like it improved, the club could provide the space, location and potential to become a successful and stable tennis club.

"Everything it has, I hope them to target the sports to build and grow and we want offering a sport that is still being appreciated here," said



The fine and friendly at the Waterloo Tennis Club were replaced with dedicated business and tennis coaches.

Ken Allen, one of the coaches at the club.

"As the two main problems became cooperated, little things began filling a place to well."

"Tennis' popularity started to fall and promote their products, we're trying to have a women's ITF tournament was organized, coaches wanted to prove why we are and members really did begin to think that they were their home," said Rausser.

"It was an improvement from the days we were at."

In just over one year, the club had done a complete 180.

People were sailing and enjoying the club taking the membership rates and lesson rates and raising the rates of the facility to help determine if they wanted a membership. Members were staying longer than before ever, returning on the holidays. Transfers and late lesson plans for lessons.

"One day you have all the room for a kid and the next day you have to tell them you are full," said Rausser. "Kind of a win-win."

Present day, the club looks as good as a one-handed back-

hand cross court from Federer.

"Our lounge looks better than my living room," said Allen.

"We got quite Roland Garros (where the French Open is held), but the costs look great," said Murray.

The club has new fixtures, new paint on the walls, a new method for preserving the quality of the clay courts outside and a team that is still working on maintaining and improving the quality of the club.

"Moving on to a new thing but moving it is totally different. It was a whole effort that made this club run running," said Murray.

Just recently, Rausser accepted as manager of the club to take on a new job opportunity but the effort and time he has created to change this club will benefit it for years to come.

"When told all the members what the objectives were and how he would tackle them. He tackled them and I respect him a lot for that," said Murray.

"The doubt that was in my mind about this club's future is now gone," said Allen.



PHOTO BY BRADEN REED

The clay courts at the Waterloo Tennis Club made of red dirt are the only clay courts in the city.



COUNSELLOR'S CORNER: A Healthy Lifestyle

The pressures of school can easily cause students to lose the balance between taking care of themselves and the need to put their best efforts into succeeding academically.

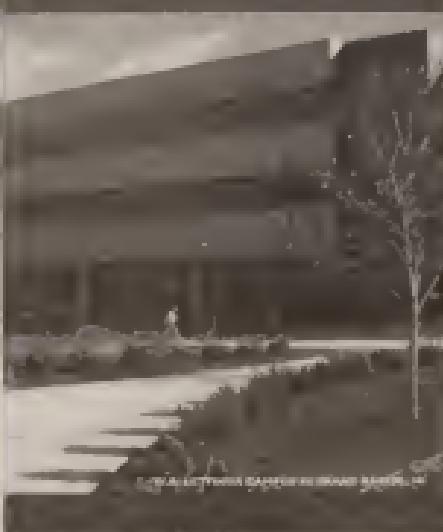
School, part-time jobs, family and relationships all make demands on us which can cause stress and stress-related illnesses. But there are ways to maintain our health and keep an equilibrium between competing demands on our time and energy. Scheduling time for self-care may mean reserving several hours a week for a fitness activity we enjoy. We need friends we can talk to about personal matters and daily life, and people to just "hang out" with and do something fun for fun. We need to feel comfortable in being alone, with time for relaxation and quiet reflection.

Getting eight hours of sleep nightly, eating at least one hot, balanced meal daily, maintaining appropriate body weight and moderating our use of alcohol, caffeine and tobacco are choices that will help us live longer and prevent illness.

Living a healthy lifestyle will also help now, by boosting concentration, memory and stamina. Having a balanced, healthy lifestyle helps us feel more relaxed, in control of the present and our future direction.

A Message from Counseling Services, LASU

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Culinary students learn from the master

By ERIN MCKEE

Culinary students of George College's Waterloo Campus finished the year on March 2, when they were visited by a master chef.

Brian Lee, the second place winner of last year's Top Chef Masters television show, worked with the students to prepare a four-course meal to raise money for the Brian Lee Award of Excellence Scholarship.

The Waterloo chapter's dinner restaurant, hosted 75 diners, and raised \$1,000.

The meal consisted of each of Lamb with a chicken puree, spicy lobster tart with bacon, sautéed white wine with lemon grass, pears and creme brûlée.

Diners then enjoyed a dessert of vanilla panna cotta with pineapples and raspberry "jelly" in a passion fruit sauce.

Lord of the Dance coming to Kitchener

By ERIN MCKEE

Marking Friday's Lord of the Dance, the City's newest performance group, a visiting to Kitchener's Centre on the Square on March 27,

Tickets are \$10 and \$15 at regular pricing, and \$10 and \$15 for senior citizens.

This award-winning show has been performed nationally for many decades and tells a story of Irish folklore through dance.

For those who would like

to see the Lord of the Dance at a cheaper cost, Kempt Theatre will be hosting the Lord of the Dance's first show at \$20 dollars.

Adults can enjoy the show at the Kempt Theatre location for \$12.50 Children are \$12.50 and seniors are \$10.50.

The more expensive passes sold days from March 10 to 20. For tickets to the last performance go to www.kempttheatre.com, and for tickets to the 10 shows above go to www.lophticketing.com.



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